

ABSTRACT

Bachelor work title: Regeneration in sports – football (soccer) as an example

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Aim of work: The intend of this work is to examine the professional literature that deals with sports regeneration. Moreover, it shall summerise and characterise shortly all accessible methods and devices in regeneration,. Another aim is to describe football considering his physical load and its impact on footbal players. With all the gathered informartion the work intents to find the appropriate appliance for football players.

Methods: Analyse professional literature and other sources (lectures, internet, magazines, bachelor and dissertation works) which are concerning the chosen topic. Choosing the most suitable methods and procedures in regeneration for football players based on a thorough analyses and comparison of all the mentioned sources.

Result: The work is basically focusing on regeneration in sports, on an general overview of all methods and procedures, which can be applied on sportsmen. In addition, my work characterises football and chooses the most preferable regeneration for football players.

Key words: regeneration, sport, football, physical load, recover